

MOTION BY SUPERVISOR MICHAEL D. ANTONOVICH

December 15, 2009

**SUBSTITUTE AGENDA ITEM #4 (OUTDOOR PHYSICAL FITNESS PROGRAMS)**

Over the last month, employees from five different County departments have been actively participating in a physical fitness program in the County Mall area. Continuing to promote physical fitness to our employees is fundamental to keeping our employees healthy. It plays a vital role in reducing stress, preventing illness and injury, and it fosters a healthier lifestyle, both personally and professionally.

However, many employees are deterred from joining an exercise program because it is a) not close or convenient to where they work or live, b) they are not aware of any programs, or c) it is cost prohibitive. The County Mall area is a great area for outdoor physical fitness programs, and we should continue to support any programs that want to come in and offer classes for our employees. However, it requires a permit fee of \$350 per session. Currently, the County waives all fees for physical fitness and exercise programs in the basement of the Kenneth Hahn Hall of Administration.

**I, THEREFORE, MOVE** that the Board of Supervisors:

1. Waive all fees in the County Mall area of the Kenneth Hahn Hall of Administration for physical fitness and exercise programs that are specifically designed to meet the needs of Los Angeles County employees at a reduced cost to the employee; and
2. Instruct the Department of Human Resources Wellness Program to promote and coordinate physical fitness programs held in the County Mall area to ensure that all County employees are aware of the exercise opportunity.

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**MOTION**

Ridley-Thomas \_\_\_\_\_

Yaroslavsky \_\_\_\_\_

Knabe \_\_\_\_\_

Antonovich \_\_\_\_\_

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